

## Short And Long Term Goals

<b>Grade Level</b>	Fifth
<b>Minimum Time Required</b>	30-35 Minutes, Use the next class session for follow up and review.
<b>Materials/Resources</b>	<u>American Career for Kids</u> workbook or similar workpages – for each student
<b>Subject Area(s)</b>	Guidance

### Project Description:

1. Using the worksheet as a guide, discuss the need for builders to plan before they begin work
2. Define two types of goals: short-term and long-term
3. Provide examples for students and ask them to share as well.
4. Have students complete the goal setting process worksheet. Collect their work
5. During the next session with the class review their goal setting process. Were goals met? If not, why not?

<b>Career Development Standard</b>	Awareness of the career planning process.
<b>Career Development Indicator</b>	Describe the importance of planning.
<b>Delivery Level</b>	Introductory
<b>Academic Standards</b>	
<b>Language Arts</b>	2.2.a Use appropriate organization based on the established writing purpose and intended audience. 2.1.a Apply fundamental conventions of language in written work. 2.1.b Use descriptive vocabulary and proper spelling in written work.
<b>Employability/SCANS Skills</b>	Thinking Skills Basic Skills
<b>Assessment/Rubric</b>	Students will be evaluated on their completed worksheet, as well as class participation.

**Submitted by:** The Elementary NCDG Group

## CAREER PATH: INDUSTRIAL AND ENGINEERING TECHNOLOGY

### Life and Work Skills

What if a builder started putting up walls and installing plumbing without knowing what you wanted her to build? What if an automotive mechanic started taking parts out of your car without asking you what was wrong with it? Chances are, you wouldn't be too pleased with their work!

What's the problem here? The building contractor and auto mechanic don't know what their goals are.

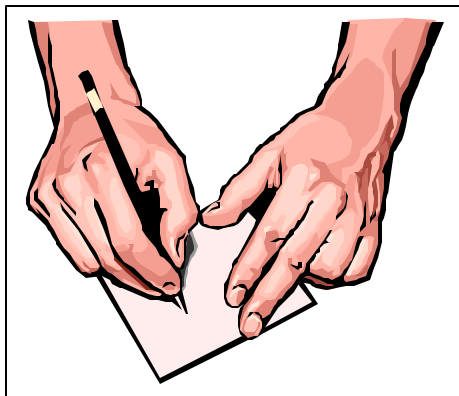
Like them, many of the people who work in industrial and engineering technology need to have a clear goal in mind when they start to work. In fact, it's good to know what you want to accomplish – what your goal is –before you begin work at any job.

There are two basic types of goals. They are **short-term** goals and **long-term** goals.

A **short-term** goal is a goal that can be accomplished in a short period of time, like a day, a week or maybe a month. One short-term goal might be to finish all of your homework before you go to bed tonight. Another might be to get to the next level on your video game before the end of the week.

A **long-term goal** is something that you work up to and accomplish over a longer period of time. Some long-term goals may even take years to accomplish, like graduating from high school or learning to fly an airplane. Other long-term goals may happen sooner. All long-term goals are made up of some short-term goals. For example, if your long-term goal is to fly an airplane, some of your short-term goals might be to read a book about flying, to build a model airplane and to talk to a pilot.

1. Set a long-term goal that you can accomplish in one week. Write it on the top step of the staircase on the next page. Now write some short-term goals on the steps. Include dates with each goal.
2. At the end of the week, answer these questions: Did you reach your long-term goal? If so, how do you feel about your accomplishment? If not, why not? Write your answer on the note page under your goals.
3. Choose a new goal for the coming week. (It could be the same goal if you were not successful before. You may know better how to make it happen now.) Repeat the staircase model.



## CAREER PATH: INDUSTRIAL AND ENGINEERING TECHNOLOGY

### Life and Work Skills

My Long-Term Goal:
Date:
Short-Term Goal:
Date:
Short-Term Goal:
Date:
Short-Term Goal:
Date:
Short-Term Goal:
Date:
Short-Term Goal:
Date:

